

1st & 2nd		Fundamentals			
<div></div> <div>#</div>	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach and physician for any modifications based on your specific needs and abilities.			
Time	Skill	Drills	Teaching Points	Time Per Drill	Video Help
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:26	Dribbling	Stationary Dribbling	Dribbling with fingertips, using both hands, and keeping the ball low.	3 Minutes	
		Dibble While Walking	Eyes up, Controlled push the ball	3 Minutes	<a href="#">Video Assistance</a>
		Dribble While Jogging	Under Control	4 Minutes	
		Dribble Race		5 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:27-:42	Passing	Bounce Pass	Encourage them to aim for the midsection of their partner and use a controlled bounce	3 Minutes	<a href="#">Video Assistance STOP @ 1:17</a>
		Chest Pass	Accuracy and proper technique, including stepping into the pass and using both hands. Thumbs Down	3 Minutes	<a href="#">Video Assistance STOP @ 2:08</a>
	Shooting	Lay Ups without ball	Proper footwork Juumping high not far	3 Minutes	<a href="#">Video Assistance</a>
		Lay up with ball	Footwork using the backboard	3 Minutes	
		Lay Up with pass	Footwork and good passes	3 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:43-:53	Game	Red Light Green Light	Keep ball low and controlled	10 Minutes	<a href="#">Video Assistance STOP @ 4:39</a>
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			
Equipment Needed: Age Appropriate Basketball (27.5) Cones Dots					

1st & 2nd		Dribbling			
	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach and physician for any modifications based on your specific needs and abilities.			
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Time	Skill	Drills	Teaching Points	Time Per Drill	Video Help
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:32	Dribbling	Taps	Finger tips, ball changing hands	2 Minutes	<a href="#">Video Assistance</a>
		Stationary Dribbling	Dribbling with fingertips, using both hands, and keeping the ball low.	5 Minutes	
		Dibble While Walking	Eyes up, Controlled push the ball	5 Minutes	<a href="#">Video Assistance</a>
		Dribble While Jogging	Under Control	5 Minutes	
		Dribble Race		5 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:33-:43	Dribble Game	Dribble Tag	Ball Control, Moving and dribbling	10 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:43-:53	Game	Construction Zone	Eyes Up, Ball Control	10 Minutes	<a href="#">Video Assistance STOP @ 1:18</a>
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			
<b>Equipment Needed:</b> Age Appropriate Basketball (27.5) Cones					

1st & 2nd		Shooting			
<div></div> <div>#</div>	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach and physician for any modifications based on your specific needs and abilities.			
Time	Skill	Drills	Teaching Points	Time Per Drill	Video Help
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:31	Lay Ups	High Five Lay Ups	Footwork High Jump	5 Minutes	<a href="#">Video Assistance</a>
		Lay Ups without ball	Proper footwork Juumping high not far	5 Minutes	<a href="#">Video Assistance</a>
		Lay up with ball	Footwork using the backboard	5 Minutes	
		Lay Up with pass	Footwork and good passes	5 Minutes	<a href="#">Video Assitance</a>
WATERBREAK					
:32-:42	Shooting	Planos		10 Minutes	<a href="#">Video Assistance STOP @ 3:11</a>
WATERBREAK					
:43-:53	Game Related Drills	Knock out		10 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:54-:59	Cool Down	Static Stretching	Ensure proper cooldown		
:59-:60	Confidence Building	CUBS building CUBS			
<b>Equipment Needed:</b> Age Appropriate Basketball (27.5) Cones Dots					

# 1st & 2nd

## Passing & Movement

### 1 Hour Practice

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach and physician for any modifications based on your specific needs and abilities.



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Time	Skill	Drills	Teaching Points	Time Per Drill	Video Help
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:26	Passing	Wall Passing		5 Minutes	
		Bounce Pass	Encourage them to aim for the midsection of their partner and use a controlled bounce	5 Minutes	<a href="#">Video Assistance STOP @ 1:17</a>
		Chest Pass	Accuracy and proper technique, including stepping into the pass and using both hands. Thumbs Down	5 Minutes	<a href="#">Video Assistance STOP @ 2:08</a>
WATERBREAK					
:27-:37	Cutting	Pass and Cut	Strong Pass, Cut and Make space	5 Minutes	<a href="#">Video Assistance</a>
		V Cut	Square to basket, drilling	5 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:38-:48	Game Related Drills	Passer Tag	Pivot and Strong passes	10 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:49-:55	Game	Knockout		6 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			
<b>Equipment Needed:</b> Age Appropriate Basketball (27.5) Cones					

1st & 2nd		Defense & Dribbling			
<div></div> <div>#</div>	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach and physician for any modifications based on your specific needs and abilities.			
Time	Skill	Drills	Teaching Points	Time Per Drill	Video Help
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11 - 26	Defensive Stance	Demonstration	Defensive stance, emphasizing staying low, active hands, and quick footwork.		
		I love it	Make defense fun	3 Minutes	<a href="#">Video Assistance</a>
		Slides	Stay low, No crossover feet	5 Minutes	<a href="#">Video Assistance</a>
		Defensive King	Defensive stance, stay low arms out	7 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:27-:37	Dribbling	Sleeping Giant	Dribble While Moving, Jump Stop	10 Minutes	<a href="#">Video Assistance STOP @ 6:18</a>
WATERBREAK					
:38-:43	Dribbling	Team Tag	Ball control, balance, fingertips	5 Minutes	<a href="#">Video Assistance</a>
WATERBREAK					
:44-:54	Scrimmage	Mini Game	Set up a small-sided game & encourage players to apply the offensive and defensive skills they've learned.	10 Minutes	
:55-:59	Cool Down	Static Stretching	Ensure proper cooldown		
:59-:60	Confidence Building	CUBS building CUBS			
<b>Equipment Needed:</b> Age Appropriate Basketball (27.5) Cones					